

**THAT WHICH IS CLAIMED IS:**

1. A golf swing training method for developing a desired spine angle and shoulder turn, the method comprising:
  - positioning a plate horizontally in an abutting relation above a head of a golfer prior to making a golf swing;
  - positioning a rod horizontally and proximate the horizontally disposed plate in an abutting relation to a dominant temple of the golfer ;
  - the golfer maintaining contact with the horizontally disposed plate and the horizontally disposed rod during the performance of a golf swing, the horizontally disposed plate and the horizontally disposed rod providing feedback to the golfer when the head of the golfer changes levels during the swing and when the head of the golfer moves in relation to the horizontally disposed rod during the golf swing;
  - positioning a knee barrier for engaging a dominant knee of the golfer in an abutting relation, the golfer positioning the dominant knee with the knee barrier for cooperating therewith to cause the golfer to lose balance if an attempt is made to straighten the dominant knee during the golf swing, and wherein the dominant knee is constrained to move longitudinally and generally parallel to a target line;
  - positioning a barrier wall vertically, anatomically spaced from, and longitudinally opposing the side barrier wall for positioning the barrier wall on a non-dominant side of the golfer in an abutting relation to a non-dominant leg of the golfer, the vertically disposed barrier wall adjustable for positioning proximate and below a non-dominant hip when the golfer is in a ball-addressing position;
  - the vertically disposed barrier wall providing feedback to the golfer when the body of the golfer moves toward a target during the forward motion of the swing, thus training the golfer to make a swinging motion more rotary

than linear, and wherein the golfer learns to shift body weight to the non-dominant leg at the conclusion of the swing.

2. A golf swing training method according to claim 1, wherein the knee barrier positioning comprises:

positioning an arcuate surface in an anatomically spaced relation with the horizontally disposed plate and rod for positioning the arcuate surface in an abutting relation to a dominant knee joint of the golfer on the posterior side thereof;

positioning a front barrier wall in a spaced relation with the arcuate surface for positioning the front barrier wall in an abutting relation to the dominant knee joint of the golfer on the anterior side thereof;

positioning a side barrier wall proximate to the front barrier wall for positioning the side barrier wall in an abutting relation to the dominant knee joint on the dominant side thereof;

the golfer positioning the dominant knee joint between the arcuate surface and the front barrier wall and positioning the dominant side of the dominant knee in abutting relation to the side barrier wall and bending the knee joint by a predetermined amount prior to performing the golf swing, and the side barrier wall preventing a dominant leg of the golfer from moving longitudinally towards the dominant side of the golfer's body during the back swing, and the arcuate surface and the front barrier wall cooperating to cause the golfer to lose balance if an attempt is made to straighten the dominant knee during the golf swing, and wherein the dominant knee is constrained to move longitudinally and generally parallel to a target line;

3. A golf swing training method for developing a desired backswing including a placing of a golf club in a preferred position at the top of the golf swing, the method comprising:

pivotally mounting a first elongate pole for movement in a vertical plane for tilting the pole from within the vertical plane such that a distal end of the pole is positioned over a dominant shoulder of a golfer when the golfer is in a ball-addressing position, the pole providing a barrier that is struck by the arms of the golfer when the arms are lifted to a height above a desired height during a backswing;

positioning an elbow barrier horizontally in an anatomically spaced location from the first elongate pole and on a dominant side of the golfer proximate shoulder height and at a longitudinal spacing equal to about the length of the upper arm of the golfer, the elbow barrier providing feedback to the golfer when a dominant elbow of the golfer strikes the elbow barrier, the elbow barrier being struck by the dominant elbow only when the golfer performs a back swing and lifts the dominant elbow more than ninety degrees (90°) relative to the position of the elbow at address;

positioning a planar barrier above the pole and the barrier in an angled plane at a predetermined angle relative to a vertical plane, and orienting the planar barrier so that a top edge thereof is closer to the golfer's head than a bottom edge thereof, the planar barrier providing feedback to the golfer at the top of a golf swing if the arms of the golfer and a club shaft are not in a desired position at the top of the golf swing, wherein a golf club shaft strikes the planar barrier at the top of the golf swing when the golf swing moves outside a desired swing plane.

4. A method according to claim 3, further comprising:

pivotally mounting a second elongate pole for movement in a vertical plane;

positioning a distal end of the pole over the non-dominant shoulder of the golfer in a parallel relation to the first pole when the golfer is in a ball-addressing position, and wherein the second pole provides a barrier that is struck by the arms of the golfer when the arms are lifted to a height above a desired height during the follow-through portion of the swing.

5. A golf swing training method for developing a desired golf club take-away motion during an initial back swing movement, the method comprising:

positioning an arcuate barrier at a predetermined angle relative to a target line, the arcuate barrier being disposed on a non-dominant side of the golfer at a longitudinal distance of approximately one club length, the hemispherical barrier providing feedback when struck during the take-away movement in the backswing when the take-away movement is not performed in a desired manner, the hemispherical barrier further providing feedback when struck during a backswing and downswing movement when the downswing is not performed in the desired manner;

positioning a barrier wall in spaced relation and longitudinally back of the arcuate barrier and generally parallel the target line;

orienting the barrier wall at approximately a ninety degree (90°) angle relative to the target line;

positioning the barrier wall on a non-dominant side of the golfer in longitudinally spaced relation thereto, wherein the barrier wall is struck by a golf club if hinged in an undesirable manner by the wrists of the golfer; and

longitudinally extending a horizontally disposed rod from the barrier wall toward the golfer in a plane parallel to the target line, the horizontally disposed rod having a free distal end for providing barrier that is struck by the golfer's hands during a take-away movement of the backswing when the golfer's hands move away from the golfer's body by a predetermined distance and during a downswing movement if the hands of the golfer move away from the body of the golfer by the predetermined distance.

6. A method according to claim 5, further comprising pivotally mounting the arcuate barrier for rotation about a vertical axis to enable adjustment of the angular position thereof relative to a target line.

7. A method according to claim 5, wherein the arcuate barrier comprises a hemispherical shape.

8. A method according to claim 5, further comprising:  
vertically mounting a longitudinally extending flap on the barrier wall;  
positioning the vertically disposed flap in a plane rearward a plane through which the golf club travels during the desired take-away movement, the vertically disposed flap being struck by the golf club when the golfer does not perform the desired take-away movement.

9. A method according to claim 5, further comprising viewing the golf swing through the barrier wall, wherein the barrier wall comprises a transparent portion.

10. A golf swing training method for developing a desired golf club take-away motion during an initial back swing movement, the method comprising:

positioning a rod vertically and within a stance line of a golfer, the vertical rod carried in spaced relation from a dominant side of the golfer, wherein the vertical rod provides a barrier that is struck by a golf club head during a take-away movement of the backswing when the golf club head travels more than a predetermined distance inside a plane that is parallel to the stance line;

positioning a barrier wall in spaced relation and longitudinally back of the vertical rod and parallel a target line;

orienting the barrier wall at approximately a ninety degree (90°) angle relative to the target line;

positioning the barrier wall on a non-dominant side of the golfer in longitudinally spaced relation thereto, wherein the barrier wall is struck by a golf club when the golf club is hinged in an undesirable manner by the wrists of the golfer;

horizontally extending a rod longitudinally from the barrier wall toward the golfer in a plane parallel to the target line, the horizontally disposed rod having a free distal end for providing a barrier that is struck by the hands of the golfer during a take-away movement of the backswing when the hands move away from the body of the golfer by a predetermined distance and during a downswing movement if the hands move away from the body by the predetermined distance.

11. A method according to claim 10, further comprising:  
vertically mounting a flap for extending from on the barrier wall; and  
positioning the vertically disposed flap in a plane rearward a plane  
through which the golf club travels during the desired take-away movement,  
the vertically disposed flap being struck by the golf club when the golfer does  
not perform the desired take-away movement.

12. A method according to claim 10, further comprising positioning a club head barrier at a location where a golf ball to be put into play would be positioned so that the golfer may adopt a ball-addressing stance and position a club head into abutting contact with the club head barrier, thus acquiring muscle memory for a desired stance.

13. A method according to claim 10, further comprising positioning a club shaft barrier a location where a club shaft would be positioned so that the golfer may adopt a ball-addressing stance and position a club shaft into abutting contact with the club shaft barrier, thus acquiring muscle memory for a desired stance.

14. A golf swing training method for training a downswing portion of a golf swing, the method comprising:

vertically positioning a rod inside a stance line of a golfer in a spaced relation from a dominant side of the golfer, the vertically disposed rod serving

as a barrier that is struck by a club head during a take-away movement of the golf swing when the club head travels more than a predetermined distance inside a plane that is parallel to the stance line.

orienting a planar barrier at a predetermined angle relative to a target line for placing the planar barrier in spaced relation to a dominant shoulder of the golfer for providing feedback when struck during a golf swing, the planar barrier struck by the hands of the golfer during the backswing and downswing when the downswing is not performed in a desired manner;

mounting a pole in an upstanding relation to a follow-through barrier rod carried by the pole;

transversely extending the pole from the rod in a horizontal plane at a ninety degree (90°) angle relative to a target line;

positioning the follow-through barrier rod on a non-dominant side of the golfer, the follow-through barrier rod providing feedback to the golfer when the hands of the golfer strike the follow-through barrier rod during a follow-through portion of the golf swing.

15. A method according to claim 14, wherein the planar barrier is readily movable for mitigating injury to the golfer when struck.

16. A golf swing training method for training a downswing portion of a golf swing, the apparatus comprising:

orienting an arcuate barrier at a predetermined angle relative to a target line;

positioning the arcuate barrier on a non-dominant side of the golfer at a longitudinal distance equal to about one club length, the arcuate barrier providing feedback when struck during the take-away movement in the backswing when the take-away movement is not performed in a desired manner, the arcuate barrier further providing feedback when struck during a downswing movement when the downswing is not performed in the desired manner;

orienting a planar barrier at a predetermined angle relative to a target line for placing the planar barrier in spaced relation to a dominant shoulder of the golfer, the planar barrier providing feedback when struck during a golf swing, the planar barrier struck by the hands of the golfer during the backswing and downswing when not performed in a desired manner;

mounting a pole in an upstanding relation to a follow-through barrier rod carried by the pole;

extending the pole transversely therefrom within a horizontal plane at about a ninety degree (90°) angle relative to a target line;

positioning the follow-through barrier rod on a non-dominant side of the golfer for providing feedback to the golfer when the hands of the golfer strike the follow-through barrier rod during a follow-through portion of the golf swing.

17. A method according to claim 16, further comprising pivotally mounting the arcuate barrier for rotation about a vertical axis to enable adjustment of the angular position thereof relative to a target line.

18. A method according to claim 16, wherein the planar barrier is readily movable for mitigating injury to the golfer when struck.

19. A method according to claim 16, wherein the arcuate barrier comprises a hemispherical shape.

20. A golf swing training apparatus useful in developing a desired spine angle and shoulder turn, the apparatus comprising:

a horizontally disposed plate for positioning in an abutting relation above a head of a golfer prior to making a golf swing;

a horizontally disposed rod carried proximate the horizontally disposed plate for positioning in an abutting relation a dominant temple of the golfer prior to making said golf swing, wherein the golfer maintains contact with the horizontally disposed plate and the horizontally disposed rod during the

performance of a golf swing, and wherein the horizontally disposed plate and the horizontally disposed rod provide feedback to the golfer when the head of the golfer changes levels during the swing and when the head of the golfer moves in relation to the horizontally disposed rod during the golf swing;

a knee barrier for engaging a dominant knee of the golfer in an abutting relation, the golfer positioning the dominant knee with the knee barrier for cooperating therewith to cause the golfer to lose balance if an attempt is made to straighten the dominant knee during the golf swing, and wherein the dominant knee is constrained to move longitudinally and generally parallel to a target line;

a vertically disposed barrier wall anatomically spaced from and longitudinally opposing the side barrier wall for positioning on a non-dominant side of the golfer in an abutting relation to a non-dominant leg of the golfer, the vertically disposed barrier wall adjustable for positioning proximate and below a non-dominant hip when the golfer is in a ball-addressing position;

wherein the vertically disposed barrier wall provides feedback to the golfer when the body of the golfer moves toward a target during the forward motion of the swing, thus training the golfer to make a swinging motion more rotary than linear, and wherein the golfer learns to shift weight to the non-dominant leg at the conclusion of the swing.

21. A golf swing training apparatus according to claim 20, wherein the knee barrier comprises:

an arcuate surface anatomically positioned in spaced relation with the horizontally disposed plate and rod for positioning in an abutting relation to a dominant knee joint of the golfer on the posterior side thereof;

a front barrier wall carried in a spaced relation with the arcuate surface for positioning in an abutting relation to the dominant knee joint of the golfer on the anterior side thereof; and

a side barrier wall proximate to the front barrier wall for positioning in an abutting relation to the dominant knee joint on the dominant side thereof,

wherein the golfer positions the dominant knee joint between the arcuate surface and the front barrier wall and positions the dominant side of the dominant knee in abutting relation to the side barrier wall and bends the knee joint by a predetermined amount prior to performing the golf swing, and wherein the side barrier wall prevents a dominant leg of the golfer from moving longitudinally towards the dominant side of the golfer's body during the back swing, and wherein the arcuate surface and the front barrier wall cooperate to cause the golfer to lose balance if an attempt is made to straighten the dominant knee during the golf swing, and wherein the dominant knee is constrained to move longitudinally and generally parallel to a target line;

22. A golf swing training apparatus useful in developing a desired backswing including a placing of a golf club in a preferred position at the top of the swing, the apparatus comprising:

a first elongate, telescoping pole pivotally mounted for movement in a vertical plane so that the pole may be tilted from within the vertical plane such that a distal end of the pole is positioned over a dominant shoulder of a golfer when the golfer is in a ball-addressing position, wherein the pole provides a barrier that is struck by the arms of the golfer when the arms are lifted to a height above a desired height during a back swing;

a horizontally disposed elbow barrier anatomically spaced from the first elongate pole and positioned on a dominant side of the golfer proximate shoulder height and at a longitudinal spacing equal to about the length of the golfer's upper arm, the elbow barrier providing feedback to the golfer when a dominant elbow of the golfer strikes the elbow barrier, the elbow barrier being struck by the dominant elbow only when the golfer performs a back swing and lifts the dominant elbow more than ninety degrees (90°) relative to the position of the elbow at address;

a planar barrier disposed above the pole and the barrier in an angled plane at a predetermined angle relative to a vertical plane, the planar barrier

being oriented so that a top edge of the planar barrier is adapted to be closer to the golfer's head than a bottom edge thereof, the planar barrier providing feedback to the golfer at the top of a golf swing if the arms of the golfer and a club shaft are not in a desired position at the top of the golf swing, wherein a golf club shaft strikes the planar barrier at the top of the golf swing when the golf swing moves outside a desired swing plane.

23. An apparatus according to claim 22, further comprising:

a second elongate, telescoping pole pivotally mounted for movement in a vertical plane, wherein a distal end of the pole is positioned over the non-dominant shoulder of the golfer in a parallel relation to the first pole when the golfer is in a ball-addressing position, and wherein the second pole provides a barrier that is struck by the arms of the golfer when the arms are lifted to a height above a desired height during the follow-through portion of the swing.

24. A golf swing training apparatus useful in developing a desired golf club take-away motion during an initial back swing movement, the apparatus comprising:

an arcuate barrier disposed at a predetermined angle relative to a target line, the arcuate barrier disposed on a non-dominant side of the golfer at a longitudinal distance equal to about one club length, wherein the hemispherical barrier provides feedback when struck during the take-away movement in the backswing when the take-away movement is not performed in a desired manner, and wherein the arcuate barrier further provides feedback when struck during a backswing and downswing movement when the downswing is not performed in the desired manner;

a barrier wall carried in spaced relation and longitudinally back of the arcuate barrier and generally parallel the target line, the barrier wall disposed at a ninety degree (90°) angle relative to the target line, the barrier wall being positioned on a non-dominant side of the golfer in longitudinally spaced

relation thereto, wherein the barrier wall is struck by a golf club if hinged in an undesirable manner by the wrists of the golfer;

a horizontally disposed rod longitudinally extending from the barrier wall toward the golfer in a plane parallel to the target line, the horizontally disposed rod having a free distal end for providing barrier that is struck by the golfer's hands during a take-away movement of the backswing when the golfer's hands move away from the golfer's body by a predetermined distance and during a downswing movement if the golfer's hands move away from the golfer's body by the predetermined distance.

25. An apparatus according to claim 24, wherein the arcuate barrier is pivotally mounted for rotation about a vertical axis to enable adjustment of the angular position thereof relative to a target line.

26. An apparatus according to claim 24, further comprising a vertically disposed, longitudinally extending flap mounted on the barrier wall, the vertically disposed flap being positioned in a plane rearward a plane through which the golf club travels during the desired take-away movement, wherein the vertically disposed flap is struck by the golf club when the golfer does not perform the desired take-away movement.

27. An apparatus according to claim 24, wherein the barrier wall comprises a transparent portion for viewing the golf swing therethrough.

28. A method according to claim 24, wherein the arcuate barrier comprises a hemispherical shape.

29. A golf swing training apparatus useful in developing a desired golf club take-away motion during an initial back swing movement, the apparatus comprising:

a vertical rod adapted to be positioned just inside a stance line of a golfer, the vertical rod carried in spaced relation from a dominant side of the golfer, wherein the vertical rod provides a barrier that is struck by a golf club head during a take-away movement of the backswing when the golf club head travels more than a predetermined distance inside a plane that is parallel to the stance line;

a barrier wall carried in spaced relation and longitudinally back of the vertical rod parallel a target line, the barrier wall disposed at a ninety degree (90°) angle relative to the target line, the barrier wall being positioned on a non-dominant side of the golfer in longitudinally spaced relation thereto, wherein the barrier wall is struck by a golf club if hinged in an undesirable manner by the wrists of the golfer;

a horizontally disposed rod longitudinally extending from the barrier wall toward the golfer in a plane parallel to the target line, the horizontally disposed rod having a free distal end for providing barrier that is struck by the golfer's hands during a take-away movement of the backswing when the golfer's hands move away from the golfer's body by a predetermined distance and during a downswing movement if the golfer's hands move away from the golfer's body by the predetermined distance.

30. An apparatus according to claim 29, further comprising a vertically disposed, longitudinally extending flap mounted on the barrier wall, the vertically disposed flap being positioned in a plane rearward a plane through which the golf club travels during the desired take-away movement, wherein the vertically disposed flap is struck by the golf club when the golfer does not perform the desired take-away movement.

31. An apparatus according to claim 29, further comprising:  
a club head barrier positioned at a location where a golf ball to be put into play would be positioned so that a golfer may adopt a ball-addressing

stance and position a club head into abutting contact with the club head barrier, wherein muscle memory is acquired for a desired stance.

32. An apparatus according to claim 29, further comprising:  
a club shaft barrier positioned at a location where a club shaft would be positioned so that a golfer may adopt a ball-addressing stance and position a club shaft into abutting contact with the club shaft barrier, wherein muscle memory is acquired for a desired stance.

33. A golf swing training apparatus useful in training a downswing portion of a golf swing, the apparatus comprising:

a vertically disposed rod adapted to be positioned inside a stance line of a golfer in a spaced relation from a dominant side of the golfer, the vertically disposed rod serving as a barrier that is struck by a club head during a take-away movement of the golf swing when the club head travels more than a predetermined optimal amount inside a plane that is parallel to the stance line;

a planar barrier positioned at a predetermined angle relative to a target line for placing the planar barrier in spaced relation to a dominant shoulder of the golfer, wherein the planar barrier provides feedback when struck during a golf swing, and wherein the planar barrier is struck by the hands of the golfer during the backswing and downswing when not performed in a desired manner; and

a pole mounted in upstanding relation to a follow-through barrier rod carried by the pole and extending transversely therefrom in a horizontal plane at a ninety degree (90°) angle relative to a target line, the follow-through barrier rod adapted to be positioned on a non-dominant side of the golfer, wherein the follow-through barrier rod provides feedback to the golfer when the hands of the golfer strike the follow-through barrier rod during a follow-through portion of the golf swing.

34. An apparatus according to claim 33, wherein the planar barrier is readily movable for mitigating injury to the golfer when struck.

35. A golf swing training apparatus useful in training a downswing portion of a golf swing, the apparatus comprising:

an arcuate barrier disposed at a predetermined angle relative to a target line, the arcuate barrier disposed on a non-dominant side of the golfer at a longitudinal distance equal to about one club length, wherein the arcuate barrier provides feedback when struck during the take-away movement in the backswing when the take-away movement is not performed in a desired manner, and wherein the arcuate barrier further provides feedback when struck during a downswing movement when the downswing is not performed in the desired manner;

a planar barrier positioned at a predetermined angle relative to a target line for placing the planar barrier in spaced relation to a dominant shoulder of the golfer, wherein the planar barrier provides feedback when struck during a golf swing, and wherein the planar barrier is struck by the hands of the golfer during the backswing and downswing when not performed in a desired manner; and

a pole mounted in upstanding relation to a follow-through barrier rod carried by the pole and extending transversely therefrom in a horizontal plane at a ninety degree (90°) angle relative to a target line, the follow-through barrier rod adapted to be positioned on a non-dominant side of the golfer, wherein the follow-through barrier rod provides feedback to the golfer when the hands of the golfer strike the follow-through barrier rod during a follow-through portion of the golf swing.

36. An apparatus according to claim 35, wherein the arcuate barrier is pivotally mounted for rotation about a vertical axis to enable adjustment of the angular position thereof relative to a target line.

37. An apparatus according to claim 35, wherein the planar barrier is readily movable for mitigating injury to the golfer when struck.

38. An apparatus according to claim 35, wherein the arcuate barrier comprises a hemispherical shape.